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Umiya Arts and Commerce College for Girls, Sola, Ahmedabad**

Best Practices- 1

2022-23

Title: Attendance Policy

Objectives:

- a) To bring back learners to the bench.
- b) To inculcate the spirit of discipline, dedication and duty.
- c) To check the dwindling number of students in the class room.

The Context: The recent rise in access to digital learning resources poses a possible apprehension of lack in attendance in the class. The feasibility of the learning resources at the cost of direct teacher contact resulting in absence of classroom availability of the students requires special concerns. The concern was taken even more cautiously by the institute with a view to impart the students the best of the capacities of the institute.

The Practice: The Institute has been strictly following the mandatory attendance policy for well over a decade. After the steep rise in feasibility of digital learning resources, the institute had made sure to adhere to the attendance policy. The attendance is marked regularly in the class. Besides, the roll numbers of the students who have less attendance in the particular lecture is also announced periodically by the lecturer in the class as well as displayed on the notice board.

Evidence of success:

Due to this practice the institute has witnessed a significant rise in the overall results and performance of the learners. The essential quality of discipline in the class attendance has positively impacted the learner's class performance and participation. Resources for maintenance of this policy are provided by the management.

Title of the Practice : Holistic Development of Girls through CWDC-URMI

Objectives of the Practice: Holistic Development of Girls

The Context: This practice was initiated by the college as per instructions by the Gujarat University (UGC Guidelines) in 2008. Since our commitment is towards Nation Building through the Holistic Development of our women, it reflects in our continual efforts to create awareness of this cell.

The Practice:

- **Power of Prayer:**

The day at campus begins with a soulful prayer which transports everyone to the tranquil and meditative state of mind to learn new things every day. This practice has had a calming effect in and around the campus as everyone joins in recitation as well. Positive vibration from group chanting makes campus peaceful and harmonious.

- **Thought of the Week**

Every Monday the students express a thought for the week to follow. After the prayer, the students present the thought using Central Announcement System. Each class is given this opportunity turn by turn whereas students voluntarily come forward. The students then are mentored accordingly by the mentors in terms of content and delivery.

The CWDC Cell is organizing lecture series on self-awareness for the following topics:

1. Date: 21/07/2022

Speaker: Dr. Jayshree K. Gandhi

Topic: Hormonal Changes and Delay Gynaech related problems

Total Students: 174

2. Date: 26/11/2022

Speaker: Dr. Janki Modi

Topic: Polycystic Ovarian Syndrome

Total : 170

Date: 29/7/2022 to 30/7/2022

Rakhi Making Workshop

68 students participated.

- **Psychological Counselling :**

Without mental well-being one cannot be part of Holistic Development. Keeping in mind this viewpoint as per our linkage with RUDMI, an NGO of national repute we have been conducting psychological counseling sessions (FREE FOR ALL), on all Fridays/ Thursdays throughout the year. Which has helped everyone tremendously.

- Stress
- Sexual Abuse
- Personal issues are some of the areas where it has helped.

Evidence of Success:

- **Know your Strength:** Through motivational lectures and awareness, students are empowered in true sense. There is significant improvement in their confidence and inner strength.
- **Be Creative and Productive:** Through arrangements of different workshops, students get chance to showcase their creative and can develop their talent on professional ground. The CWDC provides platform for screening their potentials.
- **Psychological Counselling:** The students found counselling helpful in Time Management, Anxiety, Exam Related issues. It improved their emotional and mental health.

Problems Encountered and Resources Required:

- **Be Creative:** In today's scenario, the competition is intense in terms of job opportunities. Mere degree and marks will not serve the purpose. The knowledge+ skill is today's demand. To address that, CEDC regularly arranges various workshops and career guidance programs to cater to this need.
- **Psychological Counselling:** Our observation reflects that girls are hesitant to open up regarding their personal issues as they are fearful of stigma regarding psychological counselling. Sometimes they are unaware and careless regarding their personal dignity. They are better aware now.

Outcome:

Psychological Counselling: The students found it a timely help for their emotional and psychological issues. It helped them in gaining confidence and tackle with such situation with ease in future.

Thought of the Week: This practices gained huge success as students were found inspired and enthusiastic for presentation. The students were diverted towards reading and learning new inspirational and provoking thoughts. The moral of thoughts helped a lot in making blue days full of hope.